The First Ayurvedic National Conference
National Ayurvedic Medical Association

The Ancient Healthcare System
that is Sweeping America!

“AYURVEDA IN AMERICA TODAY”

Featuring:

Dr. Vasant Lad  Dr. John Douillard
Dr. Ram Karan Sharma  Dr. David Frawley
Swamini Mayatitananda

Ayurveda for all levels.
Everyone invited!

October 16-19, 2003

TradeWinds Sirata Beach Resort
St. Petersburg Beach, Florida
KEYNOTE SPEAKERS

Ayurveda as a Preparation for a Spiritual Process  Friday at 8:00 PM
John Douillard, D.C., Ph.D., is the author of The 3-Season Diet, Body, Mind and Sport and Perfect Health For Kids (released September 2003) He is on the faculty of the American Board of Holistic Medicine and is the former Director of Player Development for the New Jersey Nets. He received a Ph.D. in Ayurveda from the Open International University in Sri Lanka and is a NAMA board member and on the CAAM advisory board. He has been teaching Ayurveda for 16 years and currently practices Ayurvedic and Chiropractic Medicine in Boulder, Colorado where he lives with his wife and six children.

Unity in Ayurveda  Friday at 9:30 AM.
Dr. David Frawley (Vamadeva) is a renowned Vedic educator, lecturer and author who has worked widely in India and in the West. Dr. Frawley is one of the few Westerners ever recognized in India as a Vedacharya or teacher of the ancient wisdom. He is the Director of the American Institute of Vedic Studies, Santa Fe, New Mexico, and President of the American Council of Vedic Astrology. Dr. Frawley has written a complete series of books on Ayurvedic medicine as well as many books on Yoga, Vedic Astrology and the Vedas. His work includes extensive correspondence course/distance learning programs in Ayurveda and in Vedic astrology, as well as special tutorial programs for advanced students.

Ayurveda as Family Health Care in the United States.  Saturday at 8:00 PM.
Vasant Lad, BAMS, MSc, brings a wealth of experience to the United States. His academic and practical training includes the study of Western and traditional Ayurvedic medicine. He has been teaching Ayurveda in the United States since 1979. He is Director of The Ayurvedic Institute, Albuquerque, New Mexico, which he founded in 1984. He teaches a program in India as well the Ayurvedic Studies Program and Gurukula Program at the institute. A prolific author, Dr. Lad’s most recent book, The Textbook of Ayurveda: Fundamental Principles, is the first of a four-volume set. He travels throughout the world, consulting privately and giving Ayurvedic seminars.

From There to Here: The History of Ayurveda  Sunday at 11:30 AM.
Prof. Ram Karan Sharma, from Delhi, India, is president of the International Association of Sanskrit Studies. He is an eminent scholar, educator, translator, editor and award-winning poet. With a background of traditional Vedic education combined with modern university training, he has taught Sanskrit, Linguistics and Philosophy in India and the U.S. He was vice chancellor of two prominent Sanskrit Universities in India and has served in the Ministry of Education of the Indian Government for many years. Prof. R.K.Sharma has translated the Charaka Samhita, the ancient text on Ayurveda.

Ayurveda: Inner Healing  Sunday at 8:00 AM.
Swamini Mayatitananda is a compassionate spiritual Mother who has helped people heal from life-threatening disease through her teaching of Ayurveda’s inner medicine healing - the powerful education that restores individual health and community well being. Mother Maya is the spiritual head of the Wise Earth School of Ayurveda in North Carolina and the founder of Mother Om Mission, a charitable organization in Guyana, South America. She is the author of several best-selling Ayurvedic books and has been presenting her inner medicine vision for healing and peace worldwide for 25 years. Mother Maya has been carefully tutored by His Holiness, Swami Dayananda Saraswati and belongs to India’s most prestigious Vedic lineage - Veda Vyasa.
Gods, Goddesses and Astrology
Saturday 4:30 PM   SW9
Jeffrey Armstrong is an international teacher of Eastern Philosophy, Raja Yoga, Tantra, Mantra Meditation and Vedic Astrology. An initiate of these disciplines for over 30 years, he also holds degrees in Psychology, Literature, and Comparative Religion. His research on the links between Ayurvedic body types and Vedic Astrology contributed to his recent book award as the Independent Publishers “New Age Book of the Year 2002.”

Interpreting Doshas through Hasta Jyotish
Friday, 11:00 AM   SW1
Dr. Ghanshyam Singh Birla founded National Research Institute for Self-Understanding and the Palmistry Center in Montreal, Canada, in 1972. Dr. Birla has lectured and written extensively on the Ved sciences. His most recent book is Love in the Palm of Your Hand: How to Use Palmistry for Successful Relationships. Dr. Birla has appeared on Living in Balance on Wisdom Television, Good Morning America, and on WebMD. In 1998, Dr. Birla established a 300-acre lakefront international retreat for palmistry, astrology and Ayurvedic healing in Cheneville, Quebec.

Assessing you Ayurvedic Constitution
Friday, 2:00 PM   AM2
Cynthia Copple, an Ayurvedic Practitioner since 1983, is one of the first American practitioners of Ayurveda and a founding Board Member of NAMA. Her studies include over 2,000 hours of training with Dr. R. P. Trivedi plus training with Dr. Vasant Lad, Dr. Sunil Joshi and Dr. Pankaj Naram. She teaches at Twin Lakes College of the Healing Arts in Santa Cruz, CA and Mt. Madonna Center. She also offers private Ayurvedic consultations and has studied and practiced Yoga and Meditation for the past 25 years.

Ayervedic Pulse Diagnosis
Saturday, 2:00 PM   AM6
Ayerveda, Fitness, and the Breath
Sunday, 9:30 AM   SW10
John Douillard, D.C., Ph.D. is the author of The 3-Season Diet, Body, Mind and Sport and Perfect Health For Kids (released September 2003) His is on the faculty of The American Board of Holistic Medicine and is the former Director of Player Development for the New Jersey Nets. He received a Ph.D. in Ayurveda from the Open International University in Sri Lanka and is a NAMA board member and on the CAAM advisory board. He has been teaching Ayurveda for 16 years and currently practices Ayurvedic and Chiropractic Medicine in Boulder, Colorado.

Agni & Ama - Origin of Health & Illness,
Friday, 4:30 PM   AM3
Sarasvati Buhrman, Ph.D. did graduate work in genetics and received her doctorate in Anthropology from the University of Colorado. She is a Yogic nun in the Vairagi order of north India. She has taught yogic practices under the direction of her guru, Baba Hari Dass since 1976. Sarasvati was trained in Ayurvedic medicine by Dr. R.P. Trivedi. Sarasvati is Academic director and founder of the Rocky Mountain Institute of Yoga and Ayurveda where she teaches, practices Ayurvedic medicine, and writes for Yoga International.

Kriya Kala - How Disease Develops
Saturday, 9:30 AM   AM4
Alakananda Devi, M.B., B.S., is a British trained physician who graduated from St. Bartholomew’s Hospital medical college in England in 1975. After working in a rural hospital in England, she travelled to India in 1980, where she met her teacher, Dr. Vasant Lad. Among the first western physicians to take up Ayurveda, she has been studying Ayurveda for 23 years and practising and teaching for 15 years. She is principal of Alandi School of Ayurveda, a traditional Gurukula, and is known for her insightful articles on Ayurveda.

AyunJyotish: Prakruti/Vikruti and Planetary Influences
Sunday, 2:00 PM   SW12
Brendan Feeley M.A., N.D. practices Jyotish and Ayurveda as well as maintaining his classical homeopathic practice in the Washington, DC area. He has been studying the Vedas since 1975 and began his studies of Jyotish in the 1980’s with interest in medical astrology. Dr. Feeley’s work is dedicated to the integration of Jyotish and Ayurveda. He is a graduate of the New England Institute of Ayurvedic Medicine, a faculty member of American Council of Vedic Astrologers and President of Sri Jagannatha Center - U.S.
Yoga Asanas & Mudras for Specific Conditions, Saturday, 4:30 PM AM7
Patricia Hansen, M.A., R.Y.T., certified Ayurvedic Consultant, is an international teacher and lecturer. She has been active in the fields of Yoga and Ayurveda as founder and cofounder of a number of professional organizations. She is a faculty member of Metropolitan State College and taught at University of Denver where she developed the first curriculum and instruction for Yoga. Patricia wrote her master’s thesis on Ayurveda at University of Denver. She is co-founder of the Rocky Mountain Institute of Yoga and Ayurveda and Director of an Ayurvedic Certification Course.

Ayurvedic Approaches to Chronic Disease, Sunday, 9:30 AM AM8
Vasant Lad, BAMS, MSc, brings a wealth of experience to the United States. His academic and practical training includes the study of Western and traditional Ayurvedic medicine. He has been teaching Ayurveda in the United States since 1979. He is Director of The Ayurvedic Institute which he founded in 1984. He teaches a program in India as well the Ayurvedic Studies Program and Gurukula Program at the institute. A prolific author, Dr. Lad’s most recent book, The Textbook of Ayurveda: Fundamental Principles, is the first of a four-volume set.

Neti and Nasya
Daily, 7:00 AM E1, E6, E11
Patricia Layton, M.A. has been a student of yoga for thirty years. She is a core faculty member at the California College of Ayurveda and of the Iyengar Yoga Institute’s teacher training program (physiology), as well as, an adjunct faculty member at San Francisco State University and the California Institute of Integral Studies. A direct disciple of Swami Rama, she continues her studies in the Himalayan tradition with Swami Veda Bharati. Currently she is completing her doctoral studies in Asian and Comparative Studies/Hinduism.

Kaya Kalpa: Practices for Rejuvenation, Saturday, 11:00 AM SW5
Bryan Miller, D.C., received his Chiropractic degree from Western States Chiropractic College. His unique ability as a healer is the result of extensive knowledge of the body's systems and functioning, gained through more than 20 years of on-going studies in wholistic health. Bryan is a Kaya Kalpa Practitioner and co-owner of the Ayurvedic Center of Well Being. He is administrator of the Sarasota Branch of the Florida Vedic College which offers college degrees in Ayurveda, and is co-author of “Aromatherapy & Ayurveda” and an “Ayurveda Correspondence Course”.

Tridosha: The Heart of Ayurveda
Friday, 11:00 AM AM1
Marc Halpern, D.C., C.A.S., P.K.S. received his Doctor of Chiropractic from Palmer College in 1987. He completed post graduate work and became certified as a Holistic Health Care Specialist. He obtained his Ayurvedic certification through the American Institute of Vedic Studies and through studies with Dr. David Frawley, Dr. Sunil Joshi, and Dr. Subhash Ranade. Dr. Halpern founded California College of Ayurveda in 1995 and remains its Director. In 1998 he was a founding board member of California Association of Ayurvedic Medicine. He is a prolific writer and international educator.

Turiya Therapy: A Marma-Related, Body Based Counseling Method,
Sunday, 2:00 PM PC1
Jaisri M. Lambert has been teaching natural therapies since 1985. She completed a classical 12-year apprenticeship in Ayurveda with Vaidya Vasant Lad, and specializes in Pulse Assessment, Pancha Karma and Marma Chikitsa. Jaisri is the founder of Vidya College of California, state-approved to offer Ayurvedic and Vedic studies. She created and teaches Turiya Therapy, a comprehensive body-based counseling method based on Marma Chikitsa for resolve of psycho-emotional disturbances. Jaisri travels internationally to share a wide range of Ayurvedic topics with students of all levels.

Ayurvedic Self-Massage
Daily 7:00 AM E3, E8, E13
Julia Mader, M.A., L.M.T., experienced Ayurveda while living in India for 8 years. During this time she absorbed much of the culture and life-style. Her approach to Ayurveda focuses on rasayana; the continuity of well-being. Julia enjoys teaching her clients the nurturing qualities of oils from Kerala and foods prepared in simple ways to balance their doshas and satisfy the palate. Since 1993, Julia has been co-owner and director of Rasayana Cove Ayurvedic Retreat, a residential treatment center located on a private nature retreat in central Florida.

Therapeutic Use of Oils in Ayurveda
Friday, 2:00 PM SW2
Light Miller, N.D. has over 30 years experience in natural healthcare. Light’s Ayurvedic heritage connects her to her roots of Indian philosophy and healing. She is the only female practitioner of Kaya Kalpa (spiritual bodywork) in the world. She has published three books, “Aromatherapy & Ayurveda”, “Ayurvedic Remedies for the Whole Family”, and an Ayurveda Study Course. She is co-owner of the Ayurvedic Center for Well Being, Administrator of the Sarasota Branch of the Florida Vedic College providing college degrees in Ayurveda and Aromatherapy, and a Board Member of NAMA.
Postpartum Massage and Diet
Saturday, 4:30 PM  SW8
Martha Oakes has been studying Ayurvedic Postpartum care (Doula) since 1985. She has studied and had clinical experience with the Maharishi International University, studied at The Ayurvedic Institute, and with Young Living Essential Oils. Martha is Founder/Director of the Postpartum Doula Certification Program at Rocky Mountain Institute of Yoga and Ayurveda. She has written several articles and a self-published book, Sacred Window: Parent’s Handbook for Rapid Postpartum Recovery, currently under revision. She currently teaches workshops on Postpartum Care.

Mantras for Healing
Sunday, 2:00 PM  SW14
Yogi Hari is a Master of Hatha, Raja and Nada Yoga. Sampoorna Yoga is the fruit of Yogi Hari’s tireless striving for perfection in his practice and teaching. This is the yoga of fullness that integrates Hatha, Raja, Karma, Bhakti, Jnana and Nada Yoga to purify and harmonize all aspects of the human personality so that the light of the soul shines forth in all its Divine splendour. His approach is deep, simple and practical and helps people to live a richer, happier life based on lasting yogic values.

Dharma and Ayurveda Programs at Hindu University, Sunday, 2:00 PM  SW15
A presentation about Hindu University of America, located on a 12 acre campus in east Orlando (Florida), is authorized by Florida Sate Department of Education for instruction and research leading to Master and Doctoral degrees in Hinduism, Hindu Philosophies, Yoga Philosophy and Meditation, Yoga Education, Ayurvedic Sciences, Jyotish (Vedic Astrology), and Divine Music. HinduismYoga and Sanskrit courses are currently available, and Ayurveda program is being implemented. Courses are available on campus as semester courses, as week-long intensive courses, and in distance education format. The emphasis is on applications of spiritual wisdom to everyday life. A master degree program on Paurohitya (Priest Training) is under development.
Thursday October 16, 2003
OPENING NAMA RECEPTION AND BANQUET, ENTERTAINMENT for Members and Guests
Entertainment by Traditional Indian Dancers and Vedic Poet Kavendra
Friday October 17, 2003
OPENING PUJA by faculty of Hindu University

**Friday, October 16, 2003**

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<th>Session/Time</th>
<th>Specifics</th>
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<td><strong>Session I</strong></td>
<td>9:30-10:50 AM</td>
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<tr>
<td><strong>EDUCATIONAL I</strong></td>
<td>E1 Neti &amp; Nasya Pat Layton</td>
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<td>E2 Yoga Asanas for Balancing Prana - Bethyula</td>
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<td>E3 Ayurvedic Self-Massage Julia Mader</td>
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<td>E4 Shirodhara</td>
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<td>E5 Sunrise Mantras for Health</td>
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**Session II** 11:00-12:30PM

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<tr>
<td>SW1</td>
<td>Interpreting the Doshas through Hasta Jyotish - Dr. Ghanshyam Birla</td>
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<td>AM1</td>
<td>Tridosha: The Heart of Ayurveda - Marc Halpern</td>
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**Lunch 12:30-2:00 PM**

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<th>Specifics</th>
<th>Ayurvedic Lunch</th>
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**Session III** 2:00-4:00 PM

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<tr>
<td>SW2</td>
<td>Therapeutic Use of Oils in Ayurveda - Light Miller, N.D.</td>
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<td>AM2</td>
<td>Assessing your Ayurvedic Constitution – Cynthia Copple</td>
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**Tea Break 4:00-4:30 PM**

**Professional Forums: (Code PR)**

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<thead>
<tr>
<th>PR1</th>
<th>Ayurveda, Health and Research</th>
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<tbody>
<tr>
<td>PR2</td>
<td>Expanding our Potentials</td>
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<tr>
<td>PR3</td>
<td>Ayurveda and Integrative Medicine 1:45 - 4:15 PM</td>
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<td>PR4</td>
<td>Legal Issues in the Practice of Ayurveda in North America</td>
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<td>PR5</td>
<td>Ayurveda in Women’s Health: Goals and Achievements</td>
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**Session IV** 4:30-6:00PM

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<th>Specifics</th>
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<tr>
<td>SW3</td>
<td>Beauty &amp; Skin Care - Melanie Sachs</td>
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<td>AM3</td>
<td>Agni &amp; Ama – Origin of Health &amp; Illness - Sarasvati Buhrman, Ph.D.</td>
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**Break 6:00-7:00 PM**

**Herbal Tea Break 4:00-4:30 PM**

**Search Out Your Favorite Items at the Silent Auction!**

**Dinner 7:00-8:00 PM**

**Sunset Meditation**

**Keynote** Dr. John Douillard Ayurveda as Preparation for a Spiritual Process
Plus entertainment by the enchanting “Fairie Elaine”, singing chants to the Goddess
**PROGRAM SCHEDULE**

**Saturday, October 18th**

<table>
<thead>
<tr>
<th>Session/Time</th>
<th>EDUCATIONAL I</th>
<th>EDUCATIONAL II</th>
<th>PROFESSIONAL FORUMS*</th>
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<tbody>
<tr>
<td>Experiential I 7:00-8:00 AM</td>
<td>E6 Neti &amp; Nasya Pat Layton</td>
<td>E7 Yoga Asanas for Balancing Tejas - Bethelya Julia Mader</td>
<td>E8 Ayurvedic Self-Massage</td>
<td>E9 Shirodhara for Health</td>
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<tr>
<td>Experiential II 8:00-9:00 AM</td>
<td>PRANAYAMA and MEDITATION - Sarasvati Buhrman, Ph.D.</td>
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<tr>
<td>Session I 9:30-10:50 AM</td>
<td>SW4 Panchakarma, Daily &amp; Seasonal Health Routines - Dr. Smita Naran</td>
<td>AM4 Kriya Kala- How Disease Develops Alakananda Devi</td>
<td>PR6 Ayurveda &amp; Digestive Disorders: Filling the Treatment Void in Western Medicine</td>
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<tr>
<td>Session II 11:00-12:30 PM</td>
<td>SW5 Kaya Kalpa: Practices for Rejuvenation - Bryan Miller</td>
<td>AM5 Ayurvedic Nutrition: Tastes That Heal Jennifer Workman</td>
<td>PR8 Ayurvedic Herbs and Medicines: Ecological, Regulatory and Quality Control Issues</td>
<td>PR7 Classical and Innovative Treatments for Degenerative Diseases</td>
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<td>Lunch 12:30-2:00 PM</td>
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<td>Session III 2:00-4:00 PM</td>
<td>SW6 Ayurveda and Weight Loss - Jennifer Workman</td>
<td>AM6 Pulse Diagnosis John Douillard, D.C.</td>
<td>PR10 Ayurveda and Cancer: Where Do We Stand?</td>
<td>PR9 Ayurveda and the Treatment of Skin Disorders</td>
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<tr>
<td>Tea Break 4:00–4:30 PM</td>
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<tr>
<td>Session IV 4:30–6:00PM</td>
<td>SW7 Marma Point Massage - Robert Sachs</td>
<td>SW8 Postpartum Massage and Diet - Martha Oakes</td>
<td>AM7 Yoga Asanas and Mudras for Specific Conditions Pat Hansen</td>
<td>PR12 Ayurvedic Education in the United States</td>
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<tr>
<td>Break 6:00-7:00PM</td>
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<tr>
<td>Dinner/Evening Program 7:00–9:30 PM</td>
<td>SW9 Gods, Goddesses, and Astrology - Jeffrey Armstrong</td>
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**KEYNOTE**

- Dr. Vasant Lad: *Ayurveda as Family Health Care in the United States*
- *Awakening the Goddess Within* - music by Jeff Lantz and Susie Jennings

*See Professional Forum details on page 17*
PROGRAM SCHEDULE

Sunday, October 19th

**Experiential I**
7:00-8:00 AM

Session I
8:00-9:30 AM

**Session II: 9:30-10:50 AM**

**Session III: 11:00-12:30 PM**

**Lunch 12:30-2:00PM**

**Session IV: 2:00-4:00 PM**

**Keynote**
Swamini Mayatitananda, *Ayurveda: Inner Healing*

**Educational I**

- SW10 Ayurveda, Fitness & the Breath – John Douillard
- AM8 Ayurvedic Approaches to Chronic Disease
- PR14 The Role of “Hands-On” Therapies in the Globalization of Ayurveda

**Educational II**

- E11 Neti & Nasya
- E12 Yoga Asanas to Enhance Ojas - Betheyla
- E13 Ayurvedic Self-Massage
- E14 Shirodhara
- E15 Sunrise Mantras for Health

**Professional Forums**

- SW12 Ayurvedic Psychiatry
- PR15 Ayurvedic Psychiatry

**Mantras for Healing**
Yogi Hari

**Tour Invitation:** Julia and Dinesh Mader invite NAMA conference attendees to Rasayana Cove Ayurvedic Retreat for purposes of viewing an established Ayurvedic treatment facility in a natural setting of 25 acres of pristine nature. The Maders wish to support the further development of Ayurvedic retreats in natural settings. Maps and information on car pools are available at the registration desk.

Note: CEU’s are pending for Naturopaths, Chiropractors, Nurses, and Massage Therapists (in Florida).

**Presentation**

- SW11 Special Presentation
  Dr. Smita Naran
- SW12 Ayuryotish: Prakruti/Vikruti and Planetary Influences
  Dr. Brendan Feeley
- SW13 Turiya Therapy: A Marma-related, Body Based Counseling Method
  Dr. Jaisri Lambert
- SW14 Mantras for Healing - Yogi Hari
- SW15 Presentation: Dharma and Ayurveda Programs at Hindu University

*See Professional Forum details on page 17*